

TAKE 15 for the Health of It!



1. Read for at least 30 min. a day!

Read about your favorite sport and go play it .

2. Namaste!

Ask your parents about taking a yoga class.

3. H₂O!

Drink water throughout the day.

4. Eat Healthy!

Read about a variety of foods and prepare a healthy meal.

5. Exercise for 20 min. a day!

Exercise releases endorphins - endorphins make you feel happy.

6. Ask for gifts that promote fitness!

Like pedometers, scooters, skates, and jump ropes.

7. Relax!

A balanced diet, reading, and relaxation can help you reduce stress.

8. Adults... Get More Active!

Take the stairs; chase your kids; dance; walk your dog; mow your lawn; hike and bike.

9. Parents... Quit Smoking!

Lead a heart-healthy life and be a good role model.

10. Children...Get Outside!

Limit your computer time, video games, and TV viewing.

11. Walk your child to school!

This will increase your fitness level.

12. Dance!

Boogie to your favorite tunes while doing chores.

13. Exercise your mind and your body!

Read a health-related or sports magazine.

14. Plan celebrations with active themes!

Go bowling, rock climbing, rollerblading, and shoot some hoops.

15. Encourage after school activities!

Participate in Recreation & Park Programs..."Let's Get Physical!"